

“The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.” –Terri Marshall

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods

Five ways to get in the holiday spirit

- 1. Cozy up with a hot beverage.** Nothing says it's winter time like a creamy cup of hot chocolate. Add in the traditional options of whipped cream, marshmallows or a candy cane for peppermint hot chocolate! Or have hot apple cider with a cinnamon stick. Put your beverage in a holiday cup, get cozy by grabbing a blanket or sitting by the fire, and grab a book.
- 2. Go play in the snow.** Bundle up by grabbing your jacket, scarf and hat and head outside. Feel the snow fall on your face, open your mouth to taste it, and make a snowball. It doesn't have to be long, but a quick visit outside can bring back all the childhood memories of building a snowman, sledding and snowball fights. So get outside and play in the snow!
- 3. Unveil your family's famous cookie recipes.** Blast some holiday tunes and try replicating your family's sweet treats. Don't forget to leave some out for Santa! Have some fun and spend a weekend afternoon with your old cookbooks. If you don't feel like cooking, share recipes with your friends and family. Talking about the memories of making and eating Christmas cookies is sure to take you on a walk down memory lane.
- 4. Start a new tradition.** At our house, we go to used record stores to find "new-to-us" Christmas music. There is something soothing about the sound of vinyl while we decorate the tree. This has quickly become a new tradition the family looks forward to. Now vinyl automatically reminds me of the holidays, and I kind of love that our family holds this random tradition all to ourselves.
- 5. Don't get caught up in the stress.** Though it's not as easy as it sounds, do make an effort to sit back, relax and enjoy the holiday season. Enjoy reminiscing, spending time with family and making new memories.
-Amanda Maupin, Recreation Leader

DECEMBER BIRTHDAYS

Dec 1: Pat Gray Dec 23: David Hunt
Dec 16: Shirley Pierce Dec 23: Audrey Heidenescher

WELCOME TO HHR!

Aretha Jones, Charles "Chuck" Williams, Elizabeth "Dee" Goodman, Eli Ocasio

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

DIRECTOR OF PATIENT TRANSITIONS:

Angie Wallace, (402) 682-4250

DIRECTOR OF RECREATION:

Mary Johnson, (402) 682-4223

DIRECTOR OF CLINICAL SERVICES:

Kim Nichols, (402) 682-4220

DIRECTOR OF INPATIENT REHAB:

Raegan Muller, (402) 682-4263

DIRECTOR OF CULINARY SERVICES:

Kyle Lancial, (402) 682-4236

REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

VP OF FACILITY OPERATIONS:

Dave Creal, (402) 933-4690

ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the newsletter distribution list, get us your email address, and we'll keep you posted!

DID YOU KNOW?

Jimmy Carter was the first U.S. President to officially recognize Hanukkah when he lit a public Hanukkah menorah and spoke in Lafayette Park in 1979. Our holiday spirit is not limited to celebrating Christ; Hanukkah is from December 2-10. The Jewish holiday commemorates the rededication of the Second Temple in Jerusalem.



DECEMBER HIGHLIGHTS

Dec 5: Billy Troy, 2 p.m. (Chapel)
Dec 6: Bellevue West Christmas Carolers
Dec 10: Vital Sign Ministries, 2:30 p.m. (Rec Room)
Dec 13: Merrymakers: Kim Eames, 2 p.m. (Chapel)
Dec 20: Fontenelle Forest, 10 a.m. (Magnolia)
Dec 20: Amy Cerny, 5 p.m. (Magnolia)

WORSHIP SERVICES

Sun: Catholic Mass, 10 a.m. (Chapel)
Christian Service (3rd & 4th Sun), 1:30 p.m.
Mon: Worship with Chaplain Jerry, 1:30 p.m. (Magnolia)
Tues: Catholic Communion, provided by John DuBay, morning
Hymn Sing, 1:15 p.m. (Chapel)
Thurs: Chapel with Chaplain Jerry, 11 a.m. (Chapel)
Sat: Hymns & Prayer, 10 a.m.

FEATURED EVENT

Family Holiday Party
Thursday, December 20, 5-6:30 p.m.
Magnolia: Magnolia Garden
Azalea: Chapel

Join us for dinner, music and a visit from Santa!
RSVP by Dec. 12 to Mary: (402) 682-4223 or
mjohanson@hillcresthealth.com

Tammy's Take



Hello again, friends and family of our HHR Team. Another month has passed, and the holidays are truly upon us. If I were to name one thing that I am thankful for this year aside from my family and health, it would be that I am now the Administrator at Hillcrest Health and Rehab. I can't

even express the pride I feel to be part of such a great organization with so many truly dedicated caregivers. A great example of the above and beyond commitment that draws me to these folks is the "Tree of Wishes" for our long-term care residents. HHR team members buy gifts for our long-term care residents to ensure that they have a little something from Santa - a little extra Christmas Cheer! We will be having a Christmas Eve social for our short-term stay guests! December also brings Hillcrest's organization-wide annual food drive to support families in the surrounding communities who are in need. Feel free to contribute items to the collection boxes in our front lobby from December 1-16.

Our team members here devote so much of their time and energy into enhancing the lives of our guests and residents, so if you as a guest, resident or family member would like to give a little recognition to one or more of our team members for the extraordinary care that they provide, please let myself or the department director know, or simply drop a note at the front desk! Make sure to check the calendar for all of the fun upcoming activities surrounding the holidays! Have a great holiday season!
-Tammy Weston, Administrator

RESIDENTS IN ACTION

Haunted houses, costumes, crafts and trick-or-treaters, oh my! Residents enjoyed dressing up and handing out candy to all of the adorable Hillcrest trick-or-treaters. They especially loved



Hot dog, hot diggity dog! Marie Apostol enjoys dressing up and handing out candy during trick-or-treat night.



Dressed up as Nerds candy, Audrey Heidenescher poses with trick-or-treater Sawyer Maupin.



Aye, matey! Ed Montgomery and Chaplain Jerry hand out loot on trick-or-treat night.

choosing from all of the quirky costumes. Some residents braved the haunted house and even wanted to go through again!

-Amanda Maupin, Recreation Leader



Juanita Arcola and Eileen Clark are quite the pair, dressed up as Oreo cookies while handing out candy.



Best friends Beverly Sanders and Jackie Schwartz dress up as peanut butter and jelly to hand out candy.



Richard McConnell sizzles as a fried egg handing out candy.

A MONTH IN REVIEW

Veterans were honored at a ceremony in the chapel at Hillcrest Health & Rehab. Chaplain Jerry led a sentimental service where residents and family sang every branch's song, along with other patriotic songs. Every veteran was announced with what branch they served in and then pinned by an



Eileen Clark enjoys making cards to send to veterans, thanking them for their service.



Charles Henri gets pinned to thank him for his service in the Army.

active duty petty officer that is currently serving at Offutt. After the ceremony, residents enjoyed cake and reminisced about their service in the military. It was a small token of appreciation, but we cannot say thank you enough to all of our veterans.

-Amanda Maupin, Recreation Leader



Theresa Cepuran and Juanita Arcola make cards.



Pat is pinned three times for serving in the Air Force, Army and National Guard.



Audrey Heidenescher gets pinned for her service in the Air Force at the Veterans Day service.